

Netball
Smart 

1

WARM-UP

WHAKAMAHANA

STATIC STRETCHES

KA TŪ KA HŌKARI

Do at least 10 minutes of AEROBIC EXERCISE first.
Drink water.

LONG CALF STRETCH ▼

Place hands on wall or post, with one leg to rear. Keep rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg, taking stretch through rear calf.

C



SHORT CALF STRETCH ▼

Place hands on wall or post, putting your weight on the rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.

A



QUADRICEPS STRETCH ▼

Pull heel towards buttock. Keep back straight, knees together and in line. Try not to use the post or a wall to lean on – it'll help improve your balance.

D



HAMSTRING STRETCH ▼

Kneel on sweatshirt. Keep your back straight and hips facing forward. Lean forward while keeping back straight.

B



TRICEPS/SHOULDER STRETCH ▼

Place one hand between shoulder blades.

Place the other on your elbow and use it to pull the elbow towards midline.

E



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WARM-UP WHAKAMAHAHA

DYNAMIC STRETCHES HŌKARI MĀTĀTOA

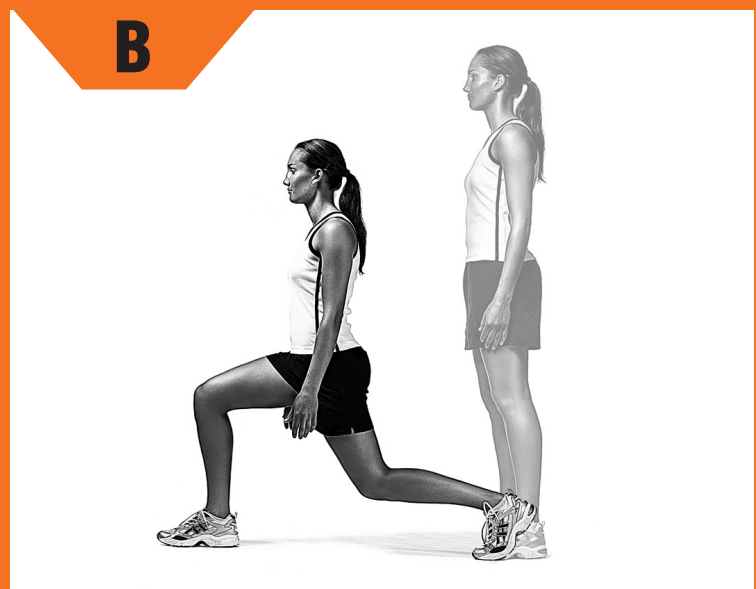
SQUATS ▼

Keep your trunk upright and place feet shoulder width apart. Stick your bottom out and bend at hips and knees. Keep knees in line with feet, and heels on ground. Do five.



LUNGES ▼

Keep your trunk upright and place feet shoulder width apart. Lunge forward. Keep knee in line with foot. Bend up to 90° – no greater. Do five each leg.



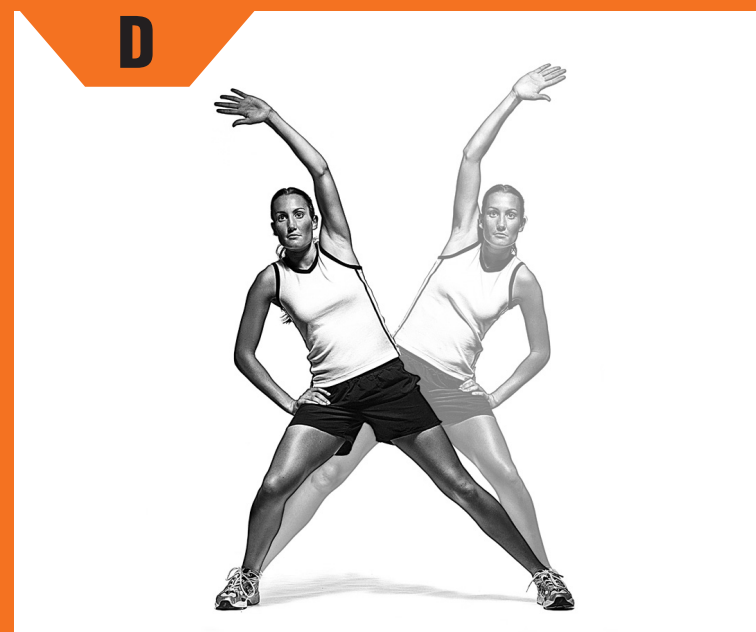
BENT OVER UPPER BODY ROTATION ▼

Keep your back straight. Bend the knee as you transfer weight. Reach with your arm to the opposite foot. Do five each side.



STRETCH UP ▼

Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do five each side.



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WARM-UP

WHAKAMAHANA

NETBALL-SPECIFIC EXERCISES

KORI TINANA MŌ TE POI TARAWHITI

AGILITY – SIDE TO SIDE ACROSS LINE ▼

Prop from left foot to right. Ensure your knee is in line with your foot and not collapsing inwards. Balance after each landing. Do five on each leg.

C



JUMP & LAND ▼

Jump in air and land softly. Keep your trunk strong, stick bottom out and bend at hips and knees.

Keep your knees in line with your feet. Do five.

A



AGILITY – SIDE TO SIDE ACROSS LINE & CATCH BALL ▼

Prop from right foot to left, land and catch the ball. Ensure your knee is in line with your foot and not collapsing inwards. Balance after each landing. Do five on each leg.

D



JUMP, CATCH & LAND ▼

Practice jumping and landing while catching the ball. Do five.

B



RUN & STOP ▼

Run around the court taking different directions and stop with control.

E



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COOL-DOWN

WHAKAMĀTAO

1. Light aerobic exercise (5 minutes)
2. Replace fluids (1-2 litres)
3. Static stretch (5-10 minutes)
4. Refuel with recovery food
5. Treat injuries using R.I.C.E.D. & avoid H.A.R.M.

QUADRICEPS STRETCH ▼

C



LONG CALF STRETCH ▼

A



HAMSTRING STRETCH ▼

D



SHORT CALF STRETCH ▼

B



TRICEPS/SHOULDER STRETCH ▼

E

